

# Lower-Body-Strength

It is important to set goals for strength activities that best meet your individual needs. Strength activities are to be done 3 times a week. It is recommended that you start by doing 5 of each of the strength activities and work up to 15 of each.



## 1. Calf Press

Wrap the band around the bottom of the right foot. Hold the ends of the band and position the band to maintain tension. Point the toe while pulling back on the band. Hold the position a moment and then slowly return to the starting position. Switch to the left foot and repeat.

## 2. Leg Extension

Sitting on a chair, with good posture wrap the band around the bottom of the right foot with the leg bent. Hold the ends of the band and position the band to maintain tension. Straighten the leg until there is only a slight bend in the knee. Hold the position a moment and then slowly return to the starting position. Switch to the left foot and repeat.





### 3. Outer Thigh Press

Sitting on a chair, with good posture, wrap the band around both legs just above the knees. Maintain tension and slowly move legs apart and hold the position then slowly return to the starting position. Repeat with the opposite leg.

### 4. Knee Lift

Sitting on a chair, with good posture, wrap the band around both legs just above the knees. Maintain tension and slowly move one knee upward and hold the position then slowly return to the starting position. Repeat with the opposite leg.



### 5. Abdominal Curl

Sitting on the edge of the chair, with good posture, place the band across both knees and lift the knees toward your chest until you feel tension in your abdominal area and slowly return to the starting position.